

STUDENT SUPPORT SERVICES

YOU ARE INVITED TO JOIN THE

PERMA PERSONAL GROWTH GROUP



This group has a strong focus on personal goals for growth. It further serves as a support group where students engage and learn from one another. The overall aim is to enhance the psychological well-being of the group participants.

The group will be presented over a 6-week period

EVERY MONDAY FROM 05 MAY TO 09 JUNE 2025

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[CLICK HERE TO RSVP](#)

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17H00 - 18H00

“PERMAH” IS AN ACRONYM FOR EACH SESSION

SESSION 1	SUPPORT GROUP INTRODUCTION, <b>P – POSITIVE EMOTIONS</b>	05/05/2025
SESSION 2	<b>E – ENGAGEMENT</b>	12/05/2025
SESSION 3	<b>R – RELATIONSHIPS</b>	19/05/2025
SESSION 4	<b>M – MEANING</b>	26/05/2025
SESSION 5	<b>A – ACCOMPLISHMENT</b>	02/06/2025
SESSION 6	<b>H – HEALTH AND WELLNESS, WRAP UP</b>	09/06/2025

SESSION ACTIVITIES & FORMAT

PARTICIPATIVE  
& INTERACTIVE

PSYCHO  
EDUCATIONAL  
DISCUSSIONS

JOURNALLING  
& REFLECTION  
EXERCISES

IN SESSION  
PRACTICAL  
EXERCISES & GROUP  
DISCUSSIONS

HOMEWORK  
ASSIGNMENTS &  
FEEDBACK

SHARING  
EXPERIENCES